

NONVIOLENT COMMUNICATION

Emotions when our needs are not being met:

afraid
aggravated
agitated
alarmed
aloof
angry
anguished
annoyed
anxious
apathetic
apprehensive
ashamed
bewildered
bitter
blah
blue
bored
brokenhearted
chagrined
cold
concerned
confused
cool
cross
dejected
depressed
despairing
despondent
detached
disaffected
disappointed
discouraged
disenchanted
disgruntled
disgusted
disheartened
dismayed
displeased

distressed
disturbed
downcast
embarrassed
embittered
exasperated
exhausted
fatigued
fearful
forlorn
frightened
frustrated
furious
gloomy
guilty
harried
heavy
helpless
hesitant
horrible
horrified
hostile
hurt
impatient
indifferent
irate
irked
irritated
jealous
keyed-up
lazy
leery
lonely
mad
mean
miserable
mournful
nervous

numb
overwhelmed
panicky
perplexed
pessimistic
puzzled
reluctant
repelled
resentful
restless
sad
scared
sensitive
shocked
skeptical
sorrowful
sorry
startled
surprised
suspicious
tepid
terrified
tired
troubled
uncomfortable
unconcerned
uneasy
unglued
unhappy
unnerved
upset
uptight
weary
wistful
withdrawn
woeful
worried
wretched

